

Physical Activity

A note about this indicator:

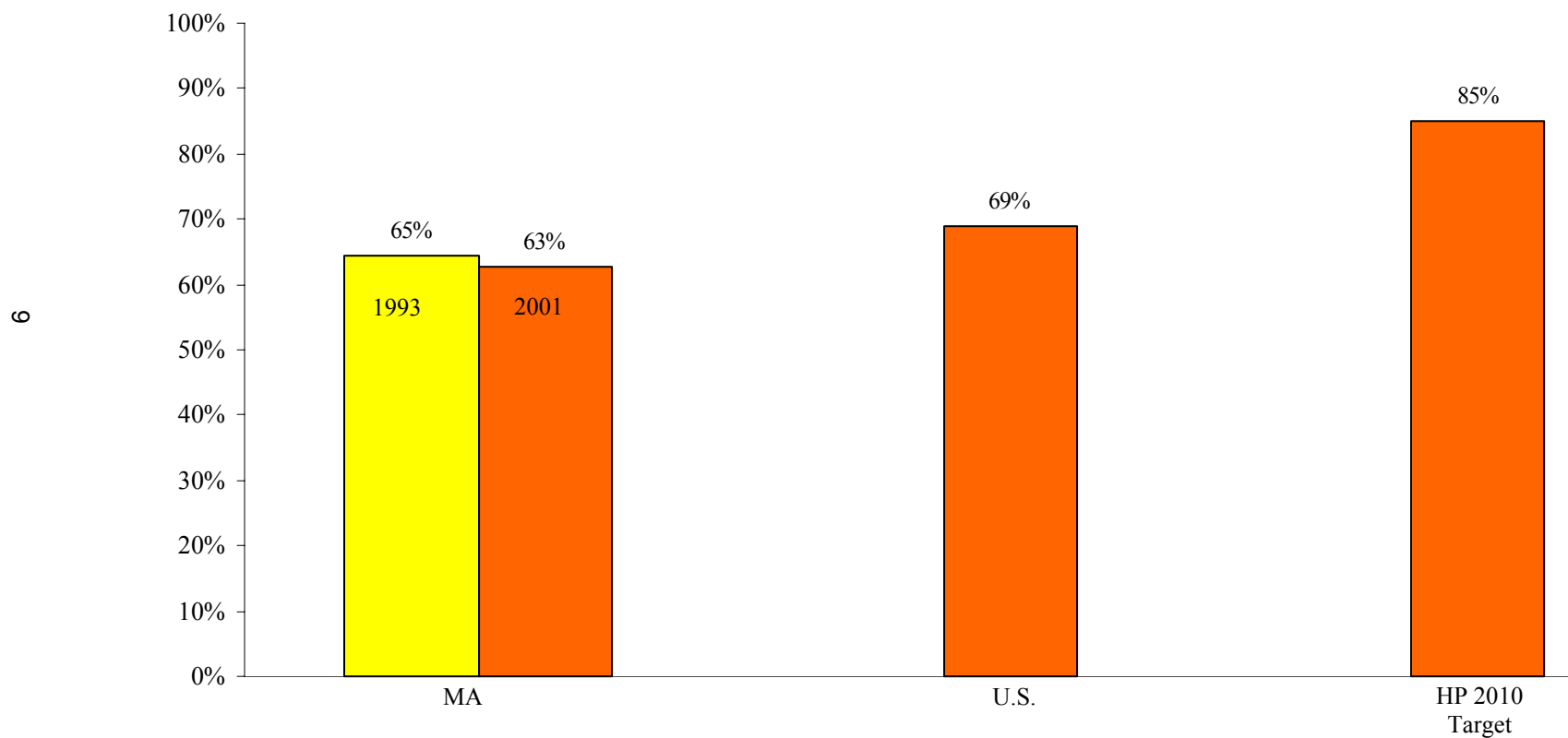
The objectives selected to measure progress among adolescents and adults for this Leading Health Indicator are presented below. These are only indicators and do not represent all the physical activity and fitness objectives included in Healthy People 2010.

22-7. Increase the proportion of adolescents who engage in vigorous physical activity that promotes cardiorespiratory fitness 3 or more days per week for 20 or more minutes per occasion.

22-2. Increase the proportion of adults who engage regularly, preferably daily, in moderate physical activity for at least 30 minutes per day.

Data Sources: Behavioral Risk Factor Surveillance System (BRFSS) and the Youth Risk Behavior Survey (YRBS).

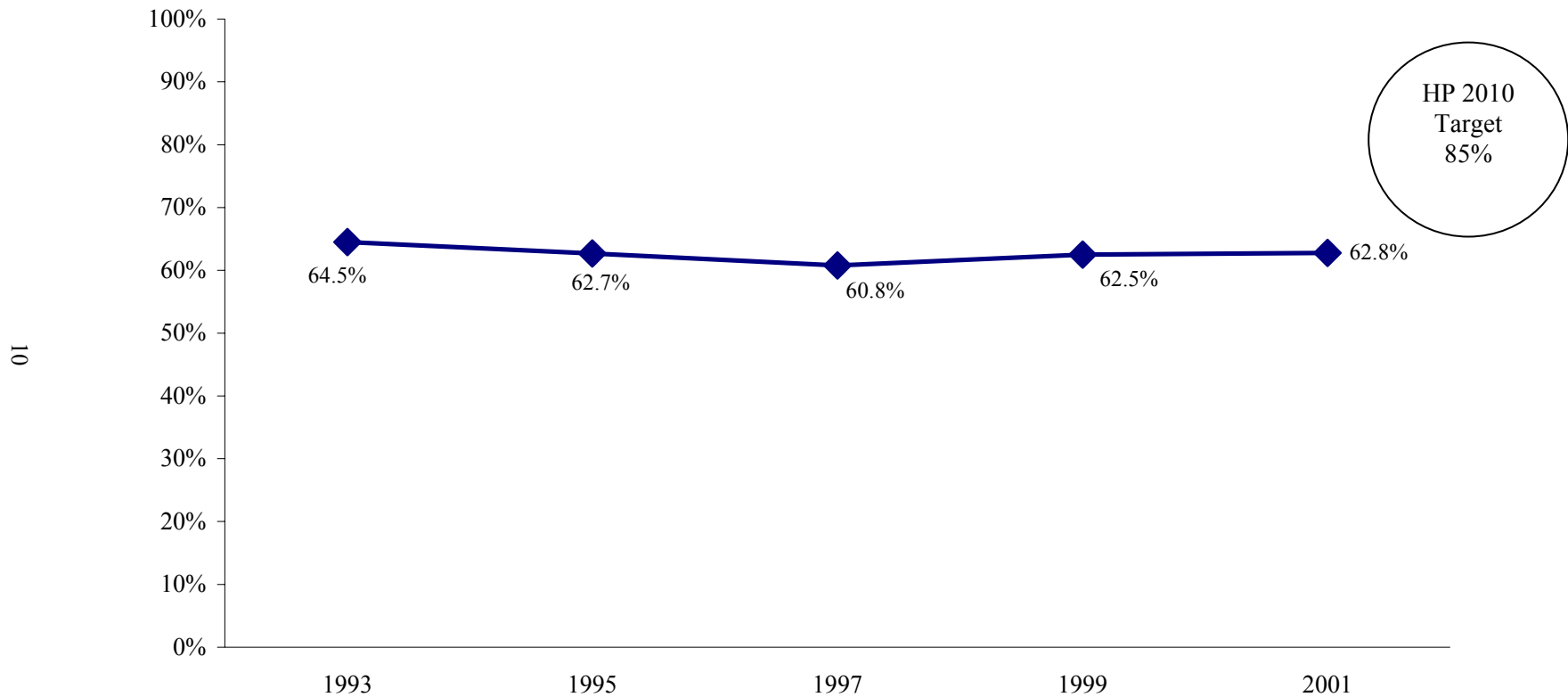
**Participation in vigorous physical activity,
Adolescents
MA (1993,2001), US (2001), HP2010**



Objective: 22-7 Increase the proportion of adolescents who engage in vigorous physical activity that promotes cardiorespiratory Fitness 3 or more days per week for 20 or more minutes per occasion.

Sources: Centers for Disease Control and Prevention. Youth Risk Behavior Survey (YRBS). 2001.
Massachusetts Department of Education. Youth Risk Behavior Survey (YRBS). 1993, 2001.

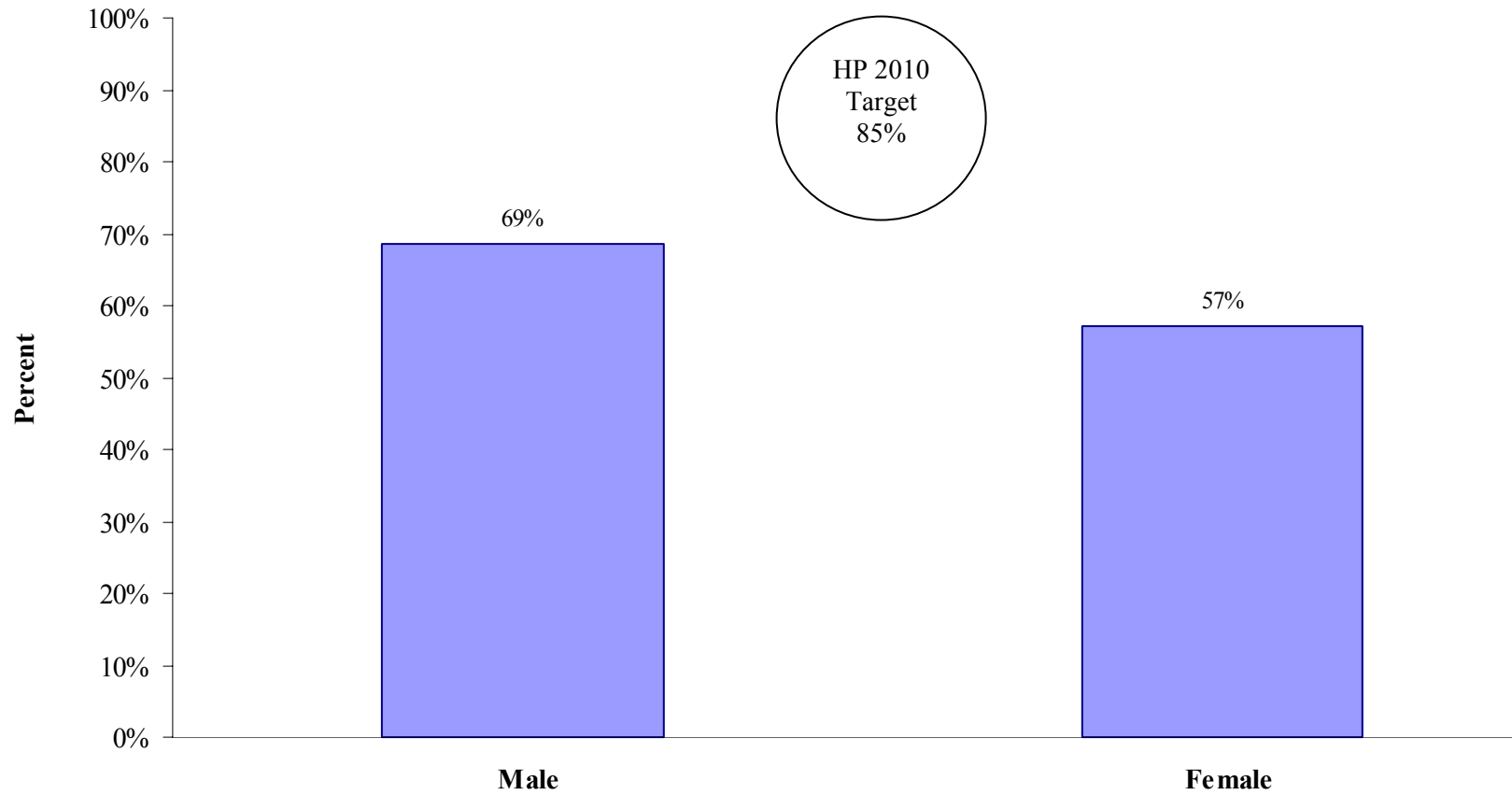
**Participation in vigorous physical activity,
Adolescents
MA (1993-2001)**



Objective: 22-7 Increase the proportion of adolescents who engage in vigorous physical activity that promotes cardiorespiratory Fitness 3 or more days per week for 20 or more minutes per occasion.

Source: Massachusetts Department of Education. Youth Risk Behavior Survey (YRBS). 1993-2001.

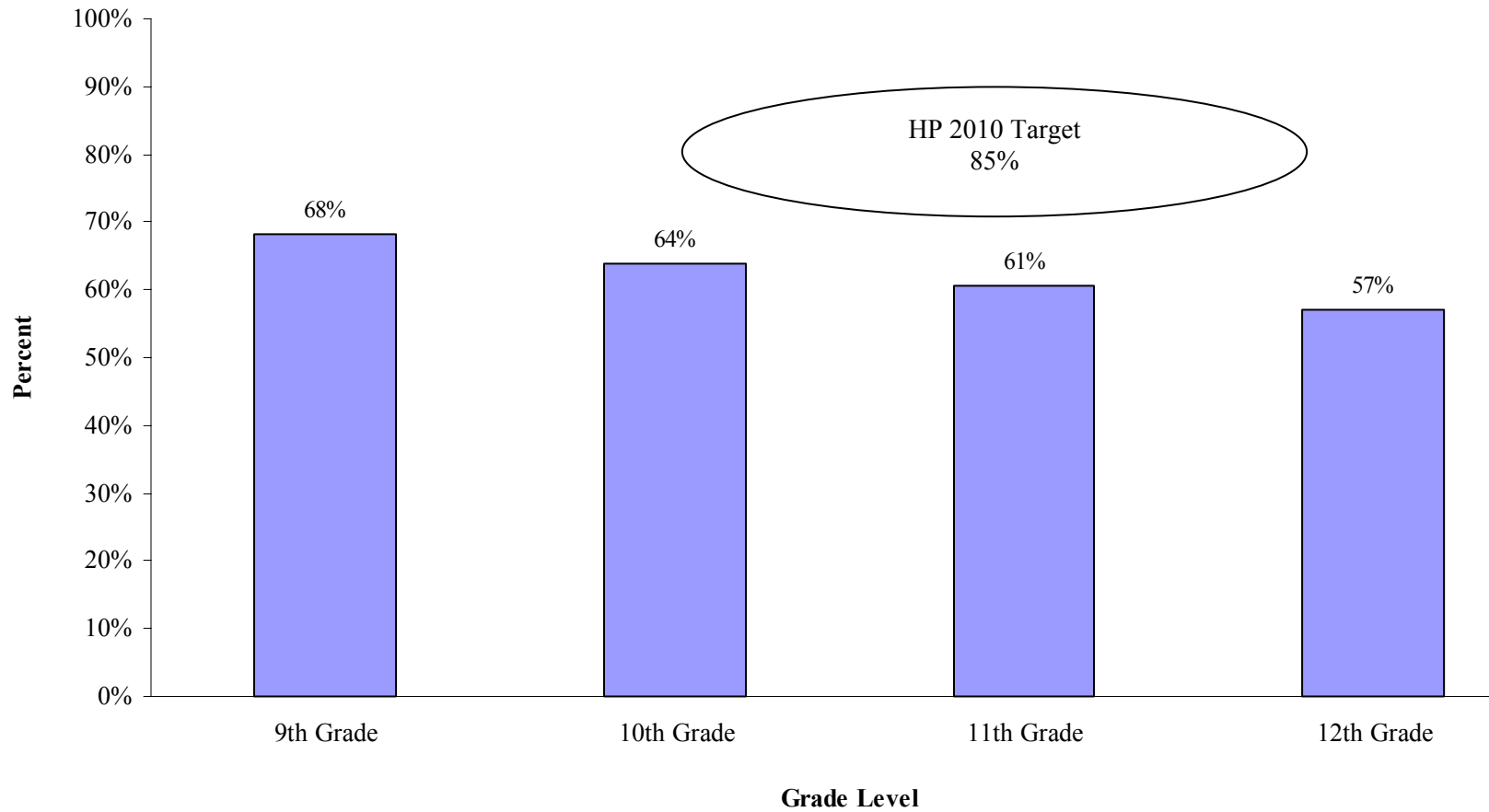
**Participation in vigorous physical activity,
Adolescents by Gender
MA (2001)**



Objective: 22-7 Increase the proportion of adolescents who engage in vigorous physical activity that promotes cardiorespiratory Fitness 3 or more days per week for 20 or more minutes per occasion.

Source: Massachusetts Department of Education. Youth Risk Behavior Survey (YRBS). 2001.

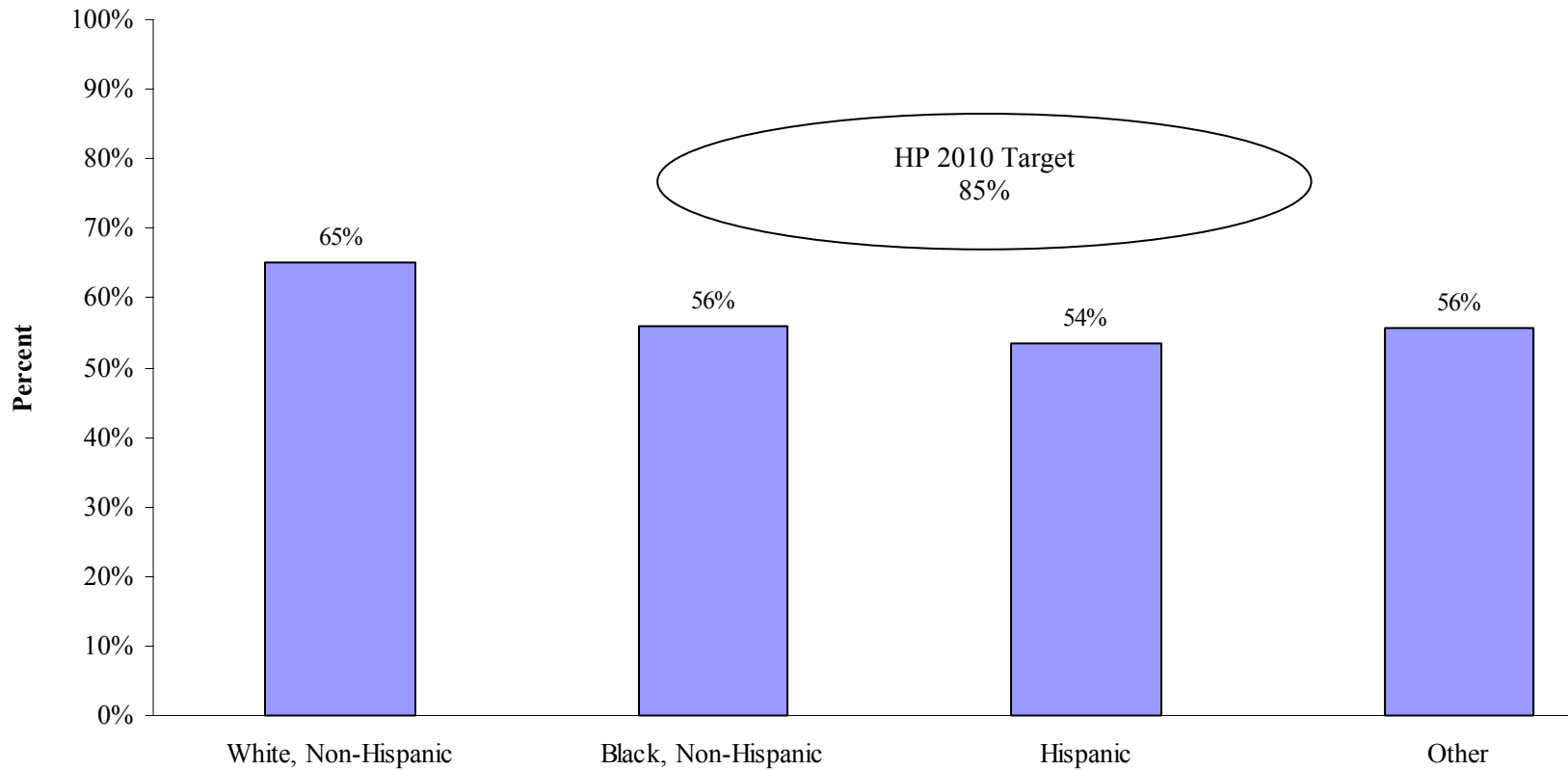
**Participation in vigorous physical activity,
Adolescents by Grade
MA (2001)**



Objective: 22-7 Increase the proportion of adolescents who engage in vigorous physical activity that promotes cardiorespiratory Fitness 3 or more days per week for 20 or more minutes per occasion.

Source: Massachusetts Department of Education. Youth Risk Behavior Survey (YRBS). 2001.

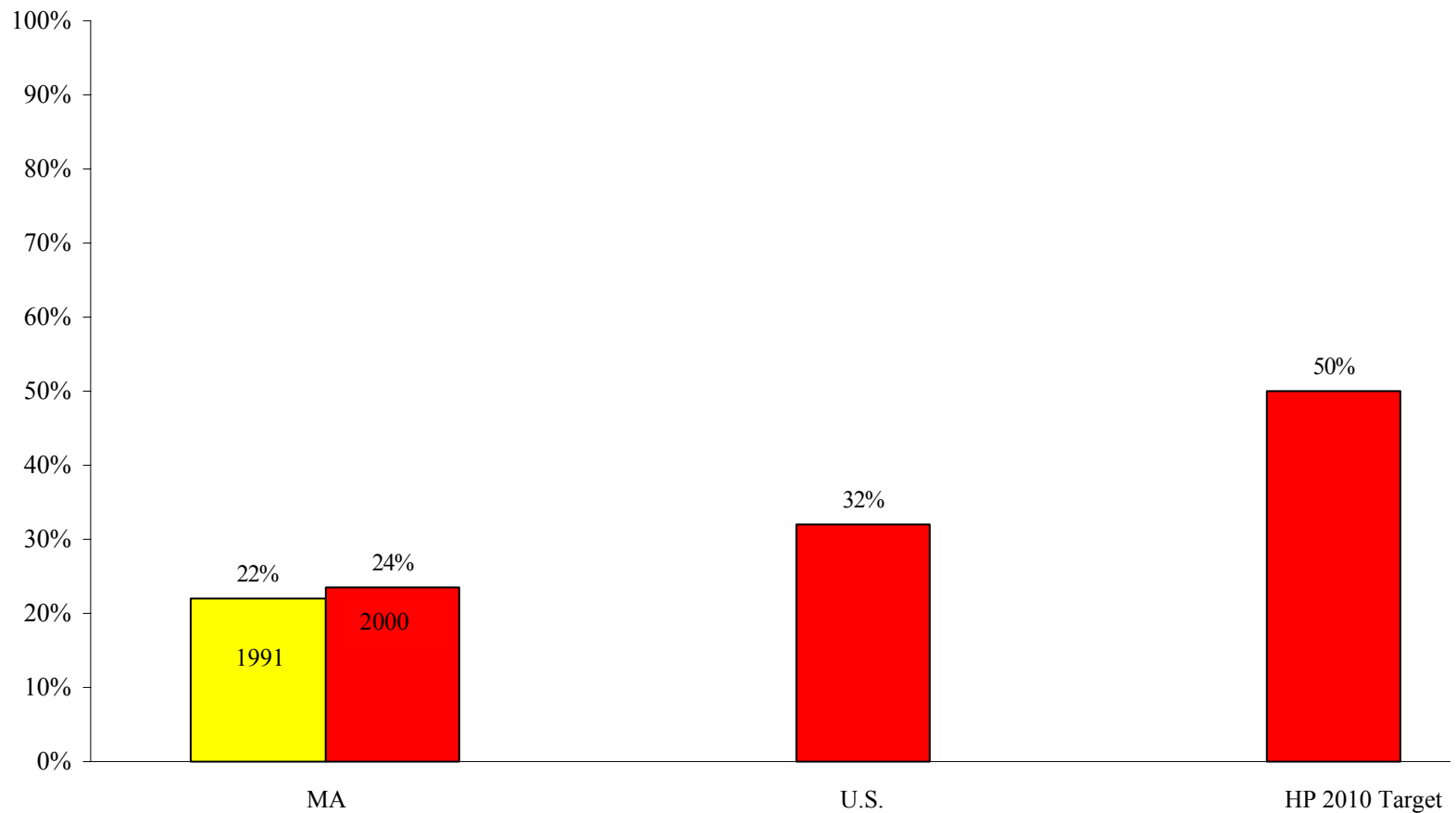
**Participation in vigorous physical activity,
Adolescents by Race/Hispanic Ethnicity,
MA (2001)**



Objective: 22-7 Increase the proportion of adolescents who engage in vigorous physical activity that promotes cardiorespiratory Fitness 3 or more days per week for 20 or more minutes per occasion.

Source: Massachusetts Department of Education. Youth Risk Behavior Survey (YRBS). 2001.

**Participation in regular physical activity,
Adults aged 18+ yrs
MA (1991, 2000), U.S. (2000), HP2010**

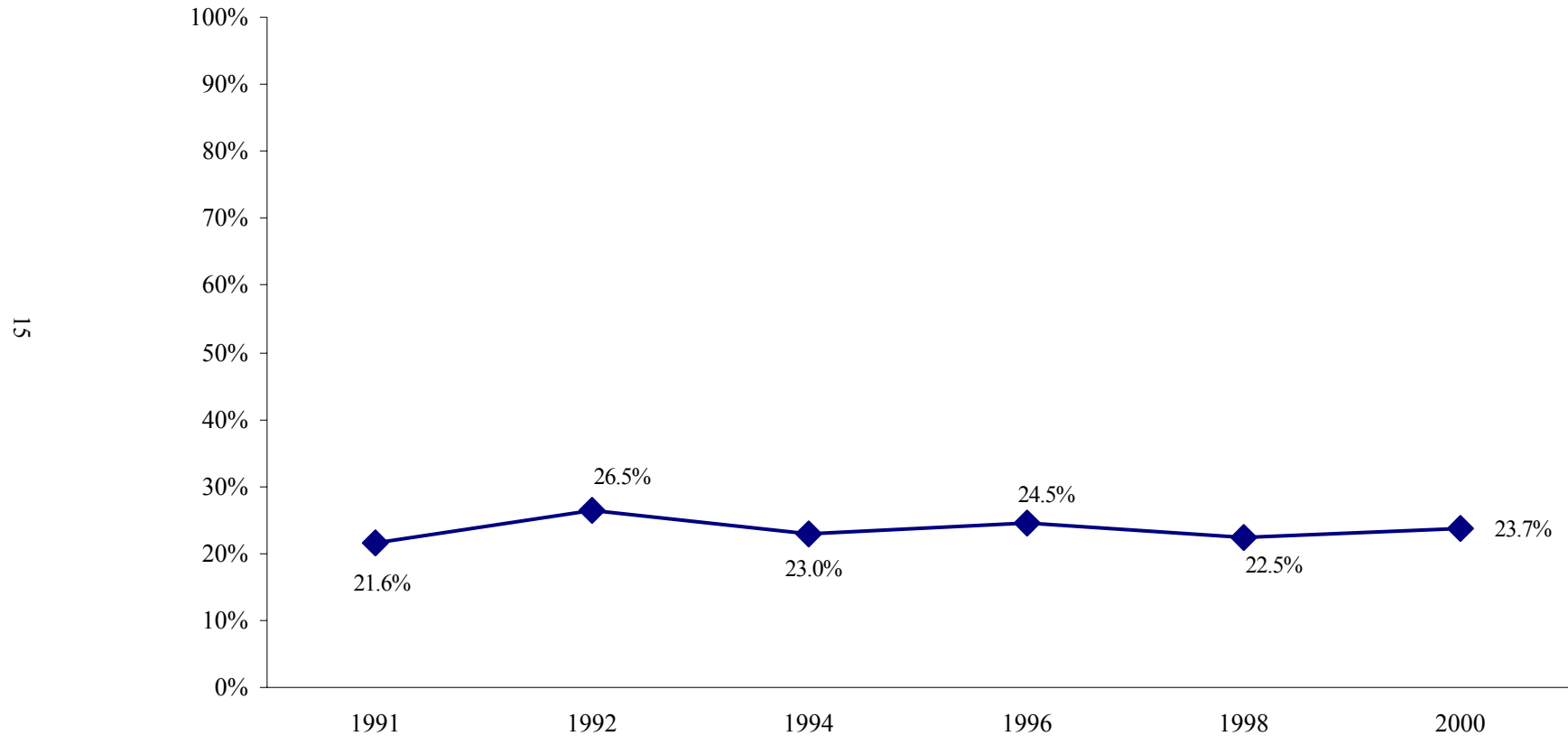


Objective: 22-2 Increase the proportion of adults who engage regularly, preferably daily in moderate physical activity for at least 30 minutes per day

Sources: Centers for Disease Control and Prevention. National Health Interview Survey.2000.
Massachusetts Department of Public Health. Bureau of Health Statistics, Research and Evaluation. BRFSS. 1991 and 2000

*Percentages are age-adjusted to the 2000 US Population

Participation in Regular Physical Activity
Adults 18+ years
MA (1991-2000)

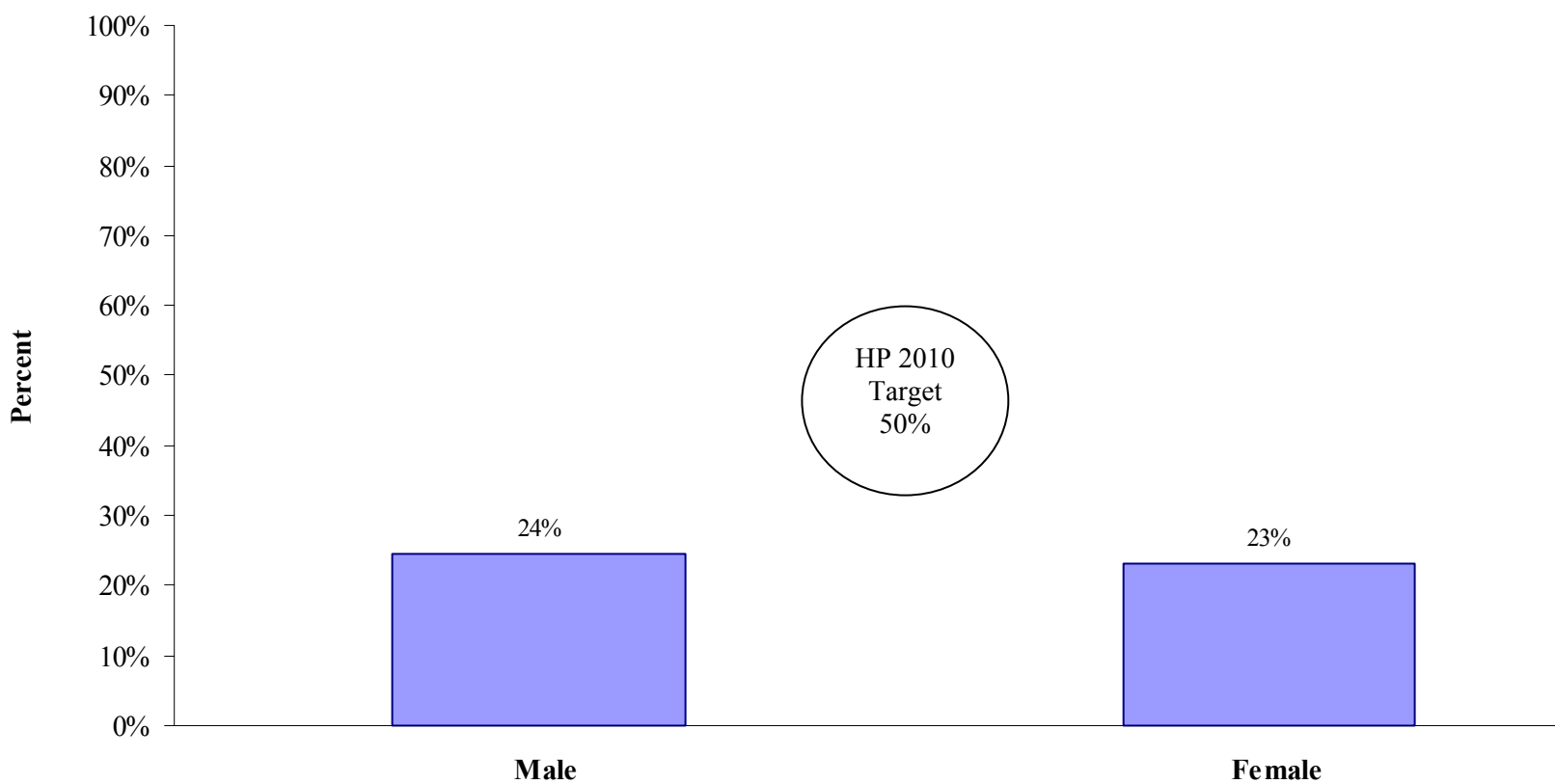


Objective: 22-2 Increase the proportion of adults who engage regularly, preferably daily in moderate physical activity for at least 30 minutes per day

Sources: Massachusetts Department of Public Health. Bureau of Health Statistics, Research and Evaluation. BRFSS. 1991-2000.

*Percentages are age-adjusted to the 2000 US Population.

**Participation in Regular Physical Activity
Adults 18+ years by Gender
MA (2000)**

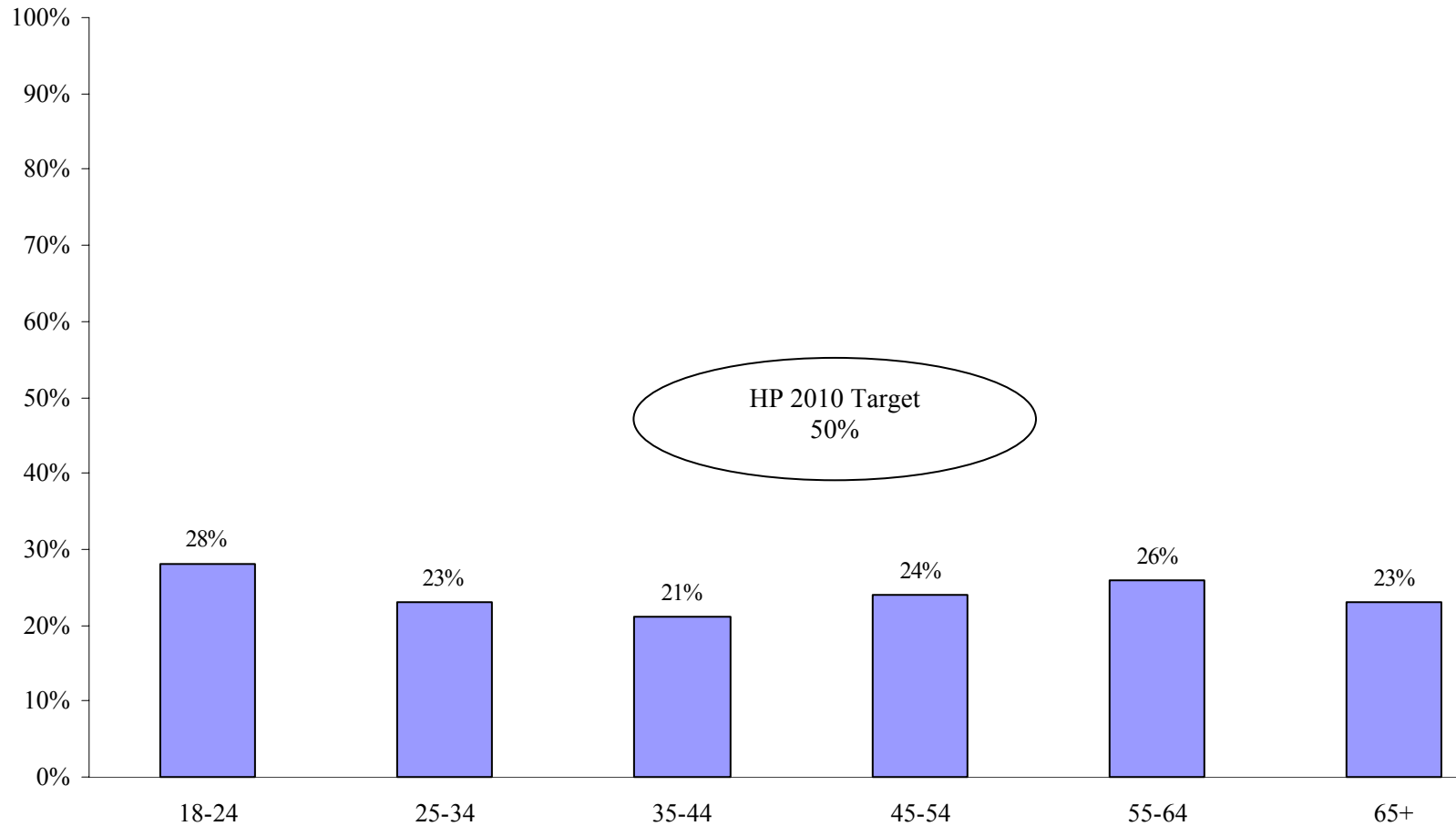


Objective: 22-2 Increase the proportion of adults who engage regularly, preferably daily in moderate physical activity for at least 30 minutes per day

Sources: Massachusetts Department of Public Health. Bureau of Health Statistics, Research and Evaluation. BRFSS. 2000.

*Percentages are age-adjusted to the 2000 US Population.

**Participation in Regular Physical Activity
Adults by age group
MA (2000)**

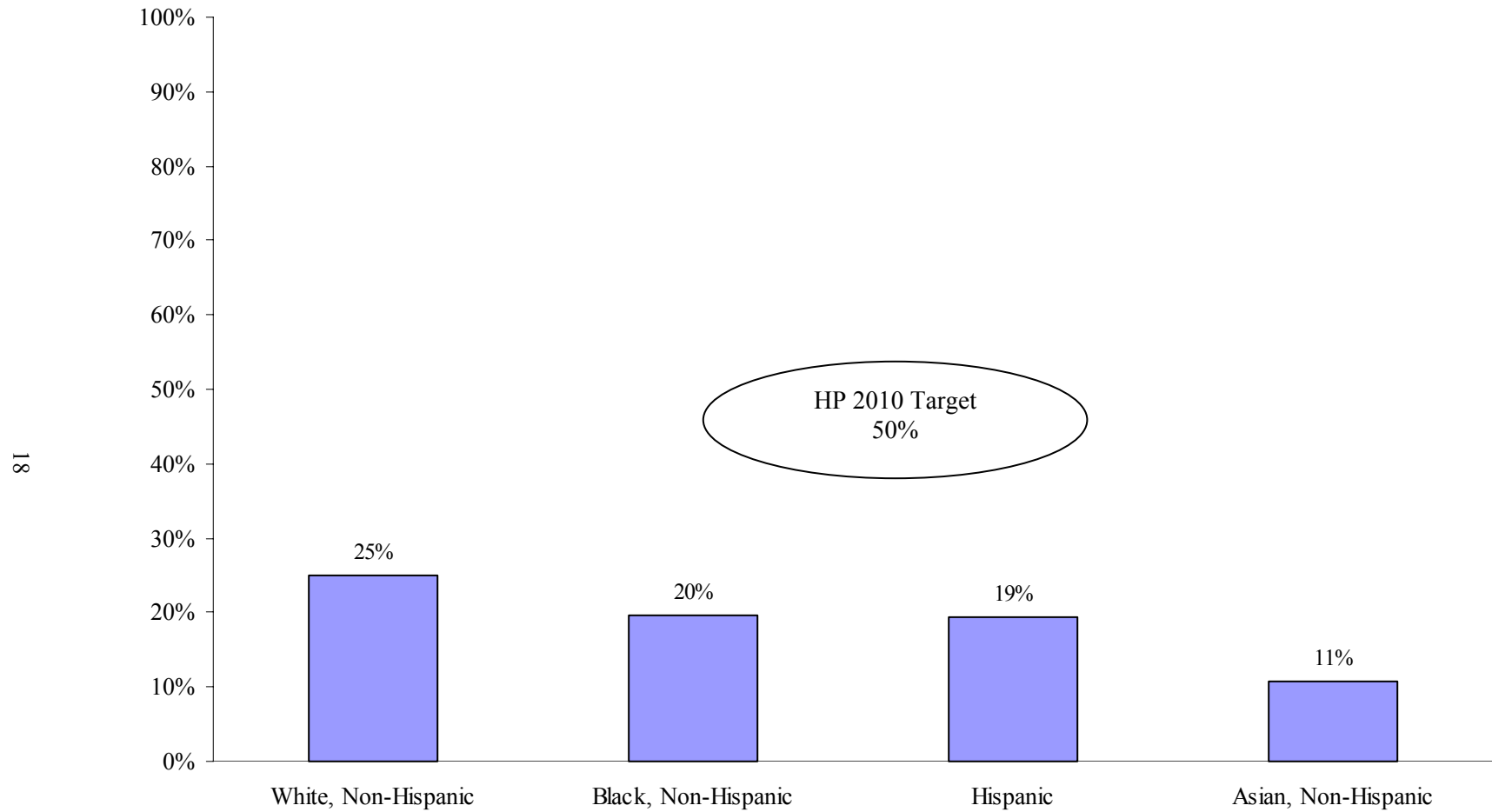


Sources: Massachusetts Department of Public Health. Bureau of Health Statistics, Research and Evaluation. BRFSS. 2000.

Objective: 22-2 Increase the proportion of adults who engage regularly, preferably daily in moderate physical activity for at least 30 minutes per day

Sources: Massachusetts Department of Public Health. Bureau of Health Statistics, Research and Evaluation. BRFSS. 2000.

**Participation in Regular Physical Activity
Adults by Race/Hispanic Ethnicity
MA (2000)**



Objective: 22-2 Increase the proportion of adults who engage regularly, preferably daily in moderate physical activity for at least 30 minutes per day

Sources: Massachusetts Department of Public Health. Bureau of Health Statistics, Research and Evaluation. BRFSS. 2000.

*Percentages are age-adjusted to the 2000 US Population.

